

AUGUST 2004

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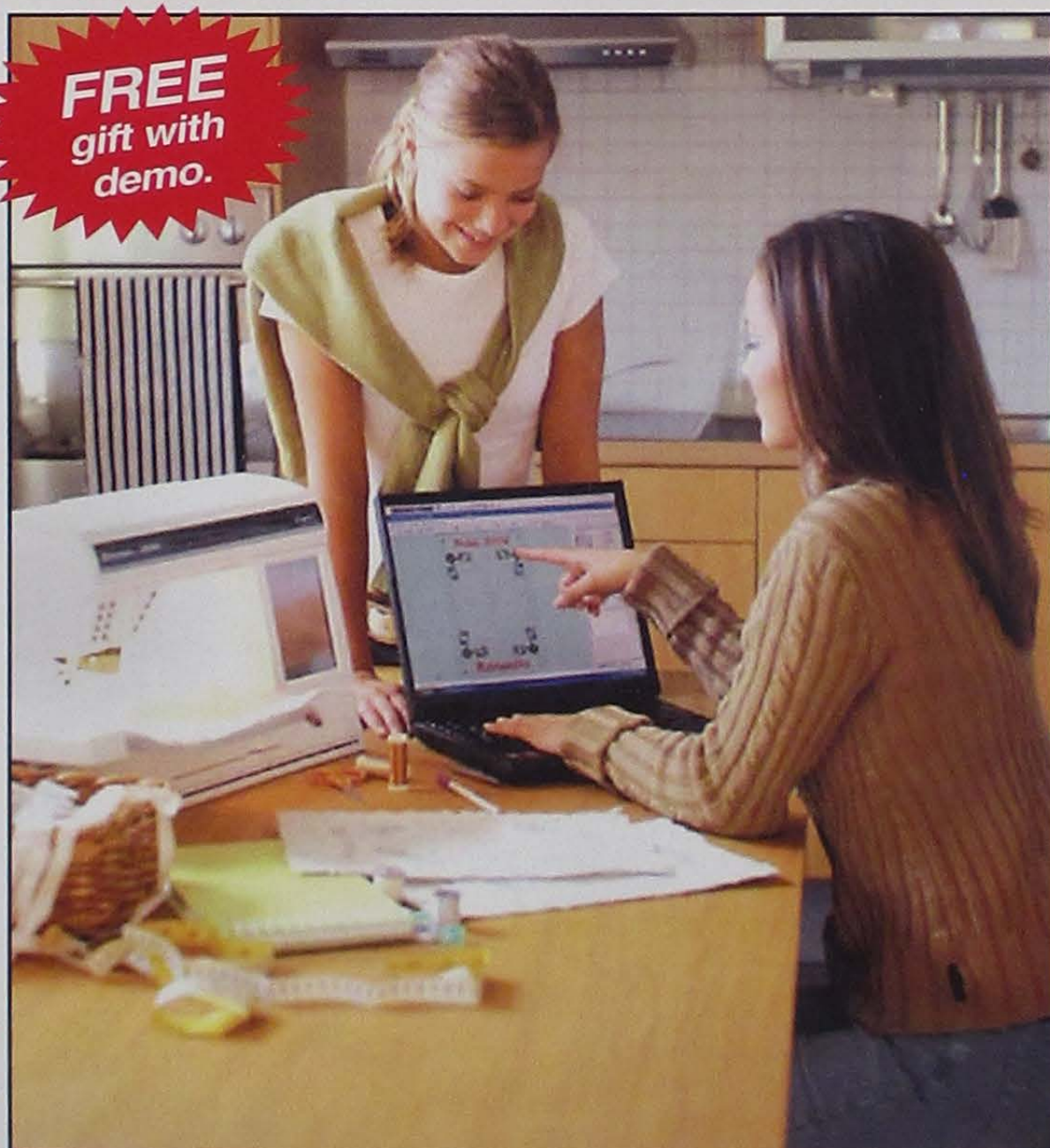
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# Facets

AUGUST 2004 facets 3

Facet > 1. One of the flat surfaces cut on a gemstone.

2. The particular angle from which something is considered.

FACETS IS A SUPPLEMENT TO THE TRIBUNE

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FOR

women



# Notes *from the newsroom:*



Frances Wilke, *editor*

**W**hoever called it the lazy days of summer did not have a clue! A big part of my summer has been taken up with grabbing ideas for this magazine and running with them. Not too far, just enough to keep it local.

From biking women to teaching our children about death and taxes we are working to bring a wider view of women and women's issues to your front door. It has been a learning process and Facets is still evolving.

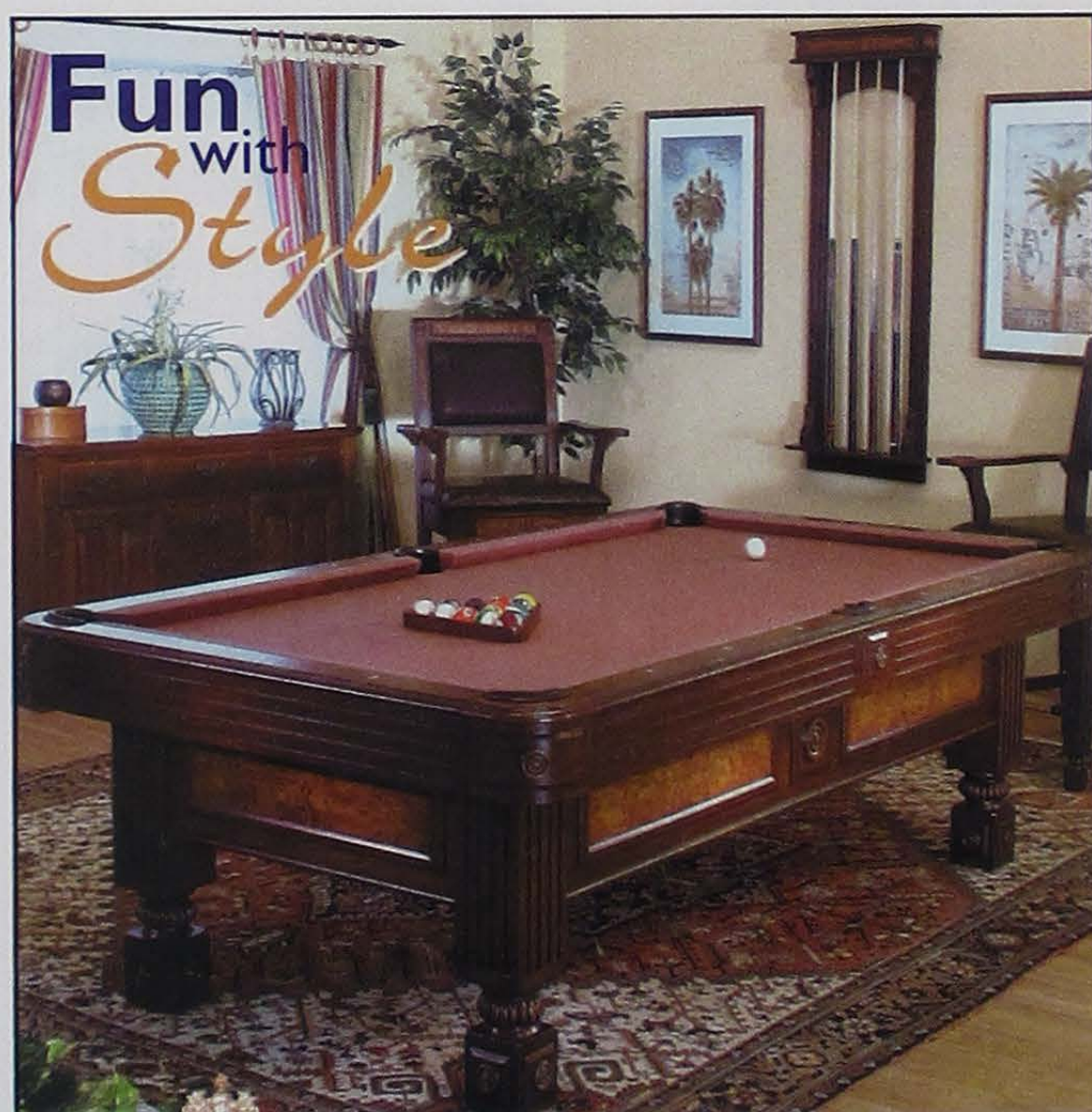
Since our first issue, we have had various questions about what we wanted to bring to you with a local, glossy magazine; pictures and stories of people in the community that need to last longer than newsprint will allow.

We are cultivating a groups of local writers to fill our pages with an insider's view of life in Ames. For example, we would never be able to tell you about Harold Anderson without Deb O'Brien wanting to share his special care and talent with us. We want more.

We are also adding a letter's section that gives you an opportunity to lend your voice on stories from the magazine or just sound off on women's issues in general. Please send those to [facets@amestrib.com](mailto:facets@amestrib.com) or 317 Fifth St., Ames, Iowa, 50010.

For those who want to meet with our staff and have a chat, Facets will host a coming out party at 6 p.m. on Aug. 3 at Café Diem, 323 Main St. Bring a friend. Kids welcome.

Hope to see you there!



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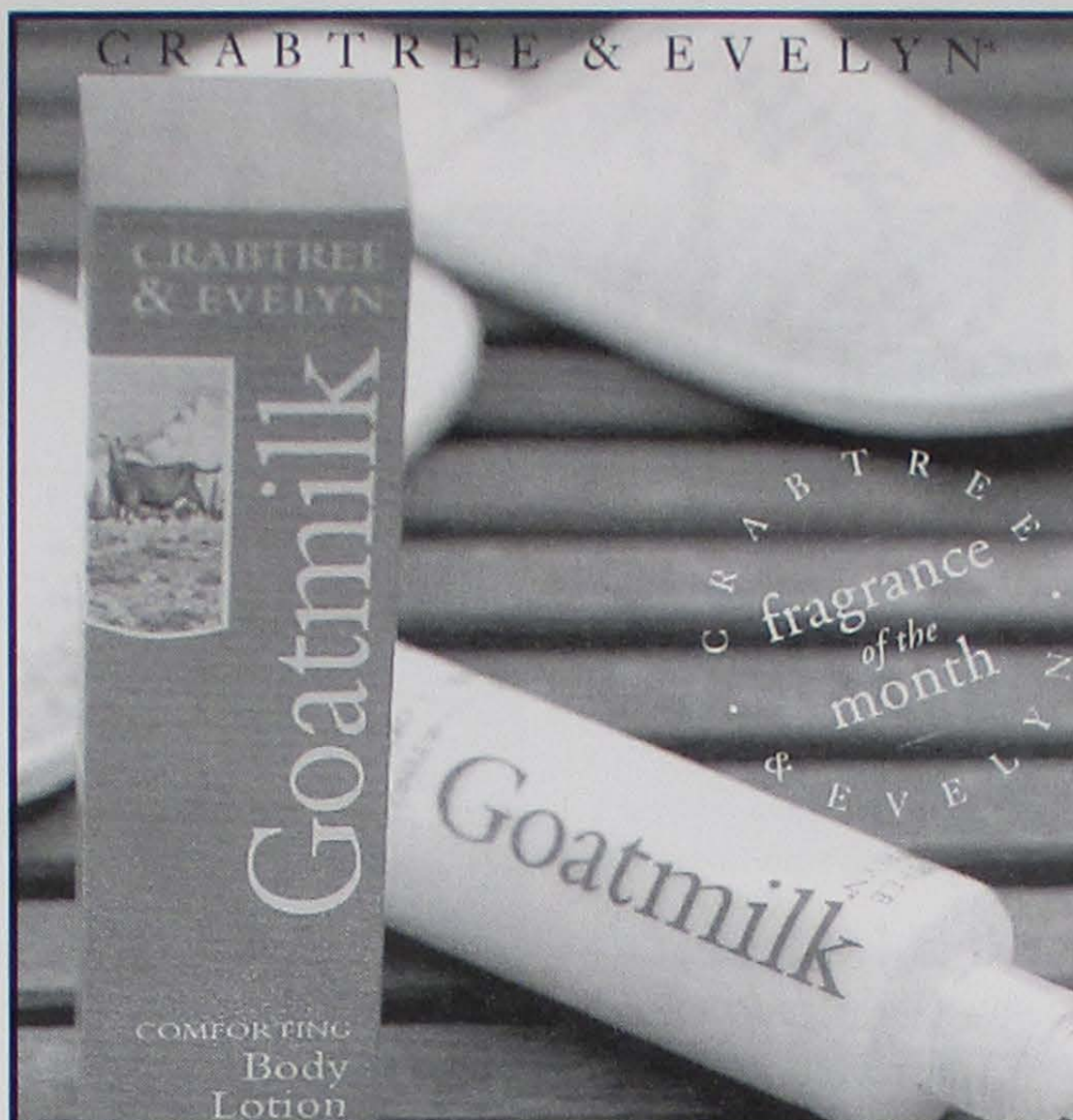
# It's your turn...

Facets is looking to give you a chance to lend your voice on something you may have read in the magazine or something as general as a comment on women's-related issues.

We hope to debut a "letters" section in the September edition. Please send your comments to [facets@amestrib.com](mailto:facets@amestrib.com) or 317 Fifth St., Ames, Iowa 50010.

All letters must contain contact information and will be verified before publication.

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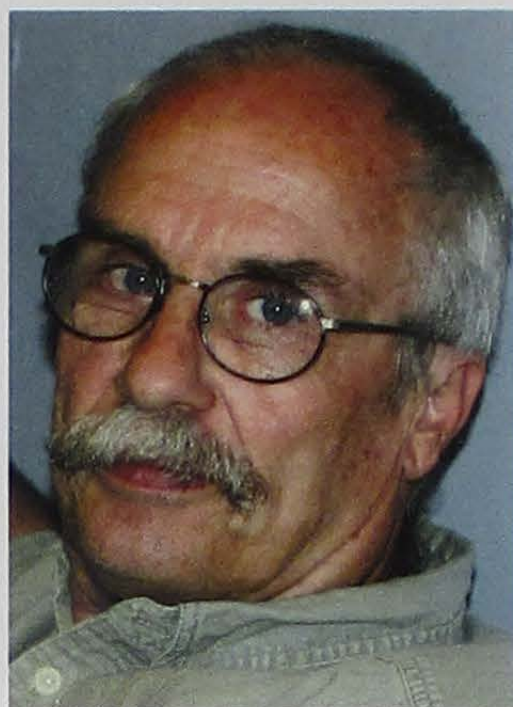
# Valued Volunteer

The men and women of the Access women's assault care center wanted to honor Harold Anderson as their outstanding volunteer for 2004.

They chose Anderson out of the 40 to 60 volunteers needed to make their Ames organization work.

Facets would like to recognize Harold Anderson, an Ames man who has volunteered for Access women's assault care center for more than 10 years. He was named the Access volunteer of the year in 2004.

Below are letters from Deb O'Brien, the shelter advocacy coordinator for Access, and other advocates on why Anderson is valuable to their organization.



## From O'Brien:

"I would like to introduce to you, one of the most dedicated volunteers in the Ames Community. His name is Harold Anderson. Harold volunteers at Access, which stands for Assault Care Center Extending Shelter and Support; Access serves survivors of domestic violence and sexual assault. Harold's dedication extends above and beyond that of the average volunteer; he is a person who is always willing to contribute his time, energy, and heart. Harold completed training in June of 1995; which means that he has been volunteering with Access for more than ten years now! Wow! In this time Harold has been covering a weekly shift, while working a full-time job outside of Access, attending as many continued trainings as he possibly can, has held numerous social gatherings at his home, and welcomed new volunteers, staff, and clients into the shelter...Access would definitely not be the same today if Harold was not involved.

When volunteers begin at Access, there are six core character qualities that are recognized for a person to be an exceptional advocate. These six character qualities include: empathy, genuine concern, warmth and acceptance, honesty, patience, and empowerment driven. All of these qualities are encompassing of Harold. The following few paragraphs is what Harold has written about his volunteering with Access.

From what Anderson has written, his dedication, commitment, and genuine character truly shine through.

## From Anderson:

When I first started volunteering at Access I wasn't sure there would be a place for a middle-aged male, but it's worked out great for me," Anderson said. "Like everyone else, I think, there are times I would rather do something other than show up for my shift. There are occasionally times I feel frustrated.

Still, in my heart-of-hearts, I know I'm very lucky to be an Access volunteer. To be able to support someone while they make difficult life-decisions is truly a blessing. I have met clients I will remember the rest of my life.

I believe the training and experience I've gained as an Access volunteer has made me a better person. I think Access sows seeds of compassion and peace that spread into the world through staff, volunteers, and clients, and that makes the world a better place.

Another thing I've learned is that there are no perfect people...but nearly everyone is perfect sometimes. It's important to watch for that," writes Harold.

(continued on page 7)

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(continued from page 6)

#### What others say:

"Dedication! Need I say more!" - *Adam Stark-Shelter Director*

"Harold's genuinely kind heart provides the foundation for his endless dedication to advocacy. We should all be so lucky to be touched by a person like Harold."

*Anne Guisto, Nighttime Shelter Advocate*

"Harold's long time commitment to the domestic violence/sexual assault movement and the agency has been an inspiration to me."

*Sara Stevenson, Access' Women's Education Program Facilitator*

"Harold's gift of endless commitment in the movement of violence against women and children shows how one person can help make a difference in so many lives. His ability to actively listen, provide empathy and support, and assist in countless other ways is always done with sincerity and respect. Our agency would not exist today without the help of volunteers such as Harold!"

*Deb O'Brien, Shelter Advocacy Coordinator*

"What can I say about Harold .... Well, he is very generous with his time and energy, caring and truly loves the people he works with at Access. He sees the good part in all the people he works with. That is one of the things I value about him and try to emulate. I know that he feels he gets so much more than he gives from his volunteering activities. Thanks so much for honoring Harold's work at Access."

*Marilyn Anderson (Harold's wife)*

Harold's calm demeanor, welcoming personality, and true dedication are what make him a wonderful volunteer.

*Julie Wooden, Business Director*

Imagine

...someone who inspires all individuals he meets...

... someone who lives to love unconditionally, people who are hurting...

...trusting someone who genuinely cares what you're feeling and experiencing...

I have imagined this person as Harold...

Thank you for the advocate image you uphold...

*Julie Wilkinson, Volunteer Coordinator*

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# From Knuts and Sickles to Cold Hard Cash: Teaching Your Child about Money

Leaving no stone unturned in the Harry Potter frenzy, the financial wizards at CNNMoney have developed a currency converter that turns your child's cash into knuts, sickles and galleons – the currency wizards use in the wildly popular book series. Seeing that online, I was reminded that what we really need is a way to channel kids' enthusiasm for Harry's magic into as passionate an interest in money and how it works.

The need is vital – statistics are that more than 90 percent of high school graduates receive no personal finance education. In fact, basic money management skills are not part of the standard curriculum in most schools. As with many other skills, children gain money know-how by example and by experience. So

what can parents do to prepare their children for financial success in the "real" world? Here are a few suggestions:

- Include children in discussions about family finances. Let them know your money values and make sure they understand the relationship between earning and spending money. While they don't need to know precisely how much money you earn, children do need a general understanding of family income and expenses. And allow them to express their opinions on family financial goals such as vacations and purchasing a home, car or other big-ticket items.

- Give children an allowance. How much should you give? How old should your child be? Should allowances be tied to chores? Should your child be

allowed to spend it all? Experts don't see eye-to-eye on all the particulars, yet most agree that an allowance is a good way for children to learn and practice the money skills they'll need throughout their lives.

Some advisors recommend a dollar a week for each year of the child's age, and others suggest that you calculate the amount according to the child's needs and what you currently spend on his or her lunches and clothing. Whatever you decide is right for you and your family, make sure everyone understands the rules up front and, most importantly, pay the allowance consistently and on time.

- Help your child set financial goals. Have your child list all the things he or she wants; then, organize the list into immediate, short-term and long-term goals. This exercise will help a child see that saving is necessary in order to meet some goals. Together, develop a budget that includes amounts for spending, saving and sharing.

- Let your children spend some money. Sure, they will make mistakes. They also will learn about making choices, setting priorities and distinguishing between needs and wants. With your guidance, they can learn to compare price, quality and value. They may also learn that money has a tendency to slip almost unnoticed through your fingers unless you track your spending and plan your purchases. Then, help them develop a simple cash tracking system.

- Encourage your child to save. Give allowances in denominations that make it easy to save. For example, if your child's allowance is five dollars, give it in five \$1 bills so the child can save one. At about age eight, when children can understand interest,

it's time to take them to a financial services company to open a savings account.

Help them calculate the interest on their account and see how compound interest makes their money grow faster. Teach them how to make deposits and withdrawals, write checks, keep an account register and balance their account. Make sure they understand that ATMs don't dispense "free" money – they are tools for making deposits and withdrawals from your own account. As your children mature, you can introduce them to other kinds of savings such as stocks and help them understand that greater returns carry greater risk.

- Teach your child how credit and borrowing work. Help them calculate how much buying on credit adds to the total cost of an item so they can learn how to make wise choices about using credit. Make sure they understand that credit is a privilege – not a birthright – and it is earned through responsible money management.

- Help your child find ways to earn extra money. You may choose to pay your kids for doing extra chores around the house. As they get older, they can earn money by babysitting and yard work. By working for other people, children gain responsibility and self-discipline and learn about meeting an employer's expectations.

- Encourage your child to share. Giving money to a church or charity and buying gifts for loved ones can bring special pleasure to children. Make sure they include these gifts in their budget or spending plan.



Stacy Dreyer is with Wells Fargo in Ames. This is Dreyer's first contribution to Facets.

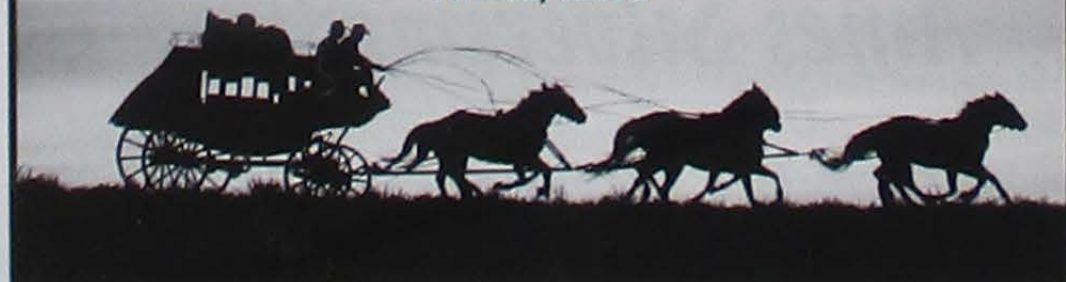
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# YOUR SAY

## Sundays with Grandpa

"Andy, come and set the table for lunch"

Andy's reply would come in a falsetto voice when he wanted to put off any chores

"Coming soon," he'd sing.

"Grandma and Grandpa are coming for lunch now, and we have chocolate cake for dessert," is how I tried to coax him from playing his favorite computer game.

With such favorite people invited, I never had to say it twice. I would hear his big, teenage feet galloping down the stairs moving too fast. Despite the fact that Andy was diagnosed with autism at 18 months, he still barrels through the house like any other teenager.

Andy loved our traditional Sunday lunches as much as I did. He would set the "big table" for six and needed a little nudge not to forget the glasses.

That afternoon I found out it would be our last formal, Sunday lunch. Dad had been feeling poorly for months and the diagnosis of lung cancer was no surprise.

Andy adored his grandpa. In an attempt to mimic him, Andy would make a pack of cigarettes out of computer paper, tape and scissors.

Then he'd take out a paper cigarette with a brown-colored filter and a red-colored tip. He'd tap one out of the pack and fashion a fake flame to it. Unlike dad, Andy never tried to light the real ones.

### A special bond

As my father's health worsened, Andy still asked every Sunday, "Grandma, Grandpa today?"

"No not today Andy" I would have to answer.

"Grandpa's sick, would you like to go to see him?"

Andy would nod his head and run to the car as if it was the most important thing to do at that very moment. Sunday wasn't Sunday without grandma and grandpa.

Dad didn't always want visitors. In fact, I would call my mom and tell her to be waiting outside so that Andy didn't burst into the house with his usual loud cries of delight. (My husband, Galen, and I like to call these Andy's "noisy moments.")

Still, Dad would agree to see Andy even though it took up a great deal of energy to watch him flit about the room like the proverbial bull in a china shop, the whirling dervish. Just

watching Andy was a mental and physical exercise that exhausted the most able bodied, person.

Dad loved his special grandson. He was quick to see Andy's unique kind of intelligence, and declared him a spatial genius, as he would watch Andy assemble an intricate piece of play mobile or Lego form.

From the beginning, Andy was told that Dad was dying. I saw no reason to avoid trying to teach Andy one of life's inevitable lessons. How much he would learn, I was unsure.

At the end, I took him to see the body for a private viewing. It was important Andy understood that Grandpa didn't abandon us. I told Andy that everybody dies and one day I too would be gone but wouldn't abandon him.

Andy can't tell me if he understands. He can't always say, "yes, mom" and it be the truth. I looked in his eyes and once again, there was that puzzle of autism. Something as the concept of death cannot be explained to a boy like Andy, with his sweet, chocolate brown eyes. I wouldn't know that Andy understood for months.

When dad's fight ended, Andy and I went alone to the funeral home decorated with wood paneling that smelled like burning candles. Andy knelt before the coffin to see dad dressed like he always was, in a plaid woolen shirt and brown polyester pants.

"No, Grandpa is not sleeping, Grandpa's spirit is gone." I said, not knowing what Andy really understood. Andy looked up at me and put his hand out to touch Dad's body. I smiled and said, "It's OK."

Andy fingered the rosary beads and patted the hand gently. Andy's hand traveled up Dad's arm and I said, "Yep Grandpa sure got skinny before he died. Remember how you and Grandpa would eat chocolate cake together?"

Andy jumped up and said, "Cake now, okay."

And so we went home to my gathering family to eat some cake.

The next Sunday, Andy must have understood because he asked only for grandma.

*Frances Wilke is the editor of Facets. Portions of this column were previously published in the "Link" a newsletter for The Autism Society of Iowa.*



## Coming in September...



...the kids are back at school; nights are cool; and the sun sets a little early. Fall also is the time of bounty. Facets will explore the goodness that comes from local farmer's markets.



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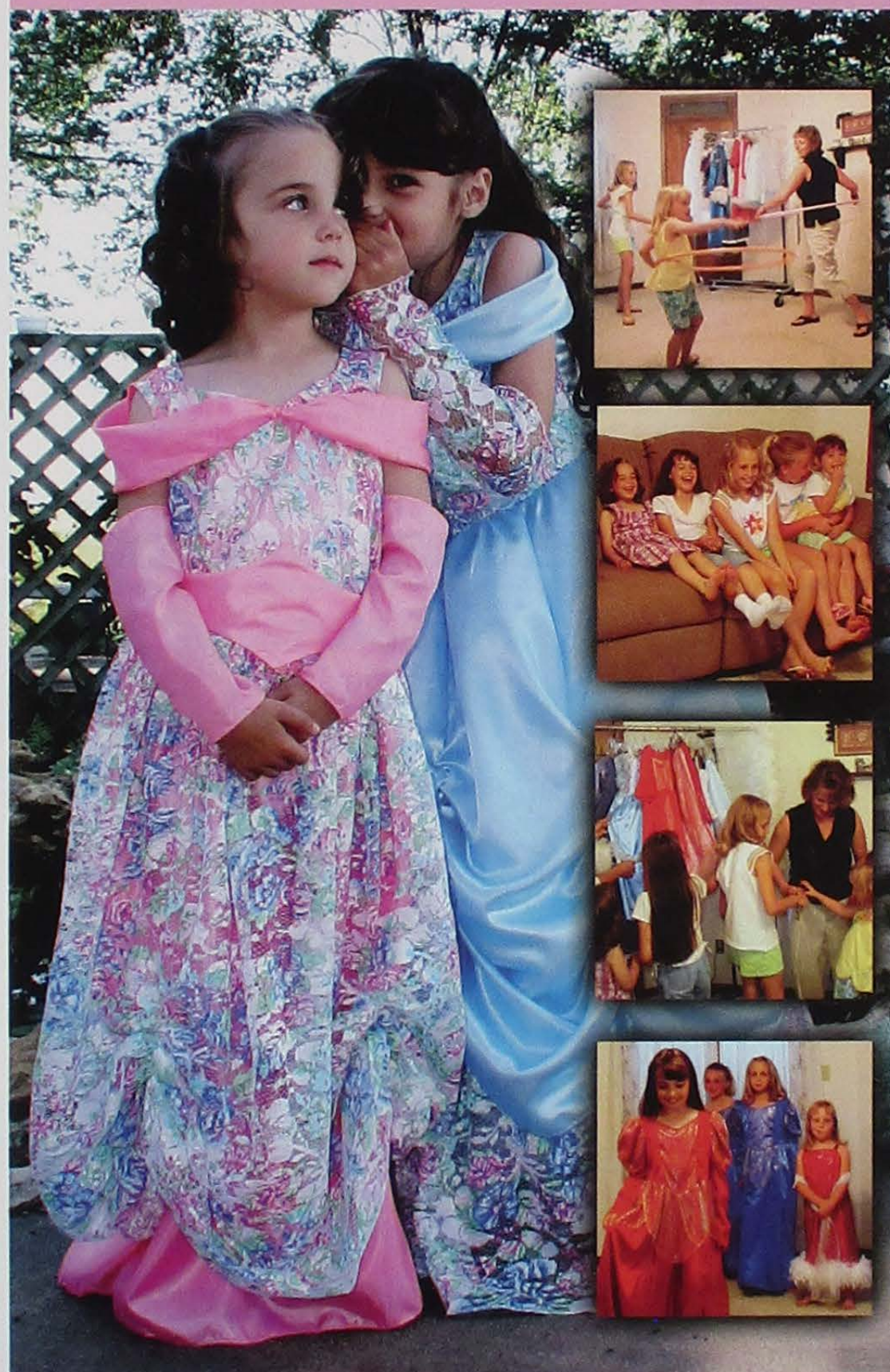
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# Big Betony

Big betony is a member of the mint family that adds a bold impact to the garden in mid-summer with its spikes of bluish violet flowers that form a cloud of color. They are easy to grow in full sun or partial shade and are reliably hardy in Iowa.



**M**ost perennial gardens are composed of several plant families that provide an attractive variety of flower, plant and leaf forms. The mint family, Labiatae, is frequently found growing in both ornamental and herb gardens and commonly known as salvia, bee balm, rosemary, lavender, basil, oregano, ajuga, cat mint, thyme and lamb's ear. This month's Reiman's Pick is the big betony, a beautiful, but lesser known member of the mint family that's perfect for perennial gardens.

Big betony, *Stachys macrantha*, or *Stachys grandiflora*, has all the typical characteristics common to the 3,000-member mint family: square stems, opposite leaves and small, 2-lipped tubular flowers. Big betony also produces the characteristic bluish-violet flower spikes seen on many mints. It grows 18-to 24-inches tall with strong, straight stems topped with colorful spikes. Big betony is hardy as far north as USDA Hardiness Zone 3 and comes back reliably year after year.

Big betony emerges in the spring as a rosette of dark green, heart-shaped leaves. These attractive, scalloped leaves are larger than the leaves on most mints and fill in nicely around the base of the plant. In mid-summer, big betony sends up flower spikes that bloom for a few weeks in June and early July.

Like most mints, big betony is very easy to grow. It prefers full sun to partial shade and will tolerate most soil conditions.

Although the clumps enlarge and spread, big betony isn't nearly as invasive or aggressive as some of its relatives, such as spearmint, bee balm, lamb's ear and creeping Charlie.

Another attractive feature of big betony is that it is not bothered by diseases or insects nor is it a favorite of rabbits or slugs. The only care required is removal of the spent blooms and the dead growth in late fall. Big betony can be divided in early spring, as soon as new growth appears. Dig the entire clump and cut it into sections. Replant each section 18 inches to two feet apart.

Big betony is very showy when its hundreds of stems and flowers sway in unison in a breeze and resemble waves peacefully lapping a lakeshore. Big betony makes a great groundcover for large, open sunny areas and is a wonderful plant for the middle of a border garden. It contrasts beautifully with light green foliage, such as lady's mantle and yellow-flowering perennials, perhaps threadleaf coreopsis or 'Coronation Gold' yarrow.

Big betony is a versatile member of the mint family and can be grown successfully in most Iowa gardens. It is blooming beautifully in the newly renovated perennial border south of Joey and Jesse's Herb Garden at Iowa State University's Reiman Gardens in Ames.

*By Linda Naeve is the Extension Coordinator for Reiman Gardens at Iowa State University. She is a regular contributor to Facets.*

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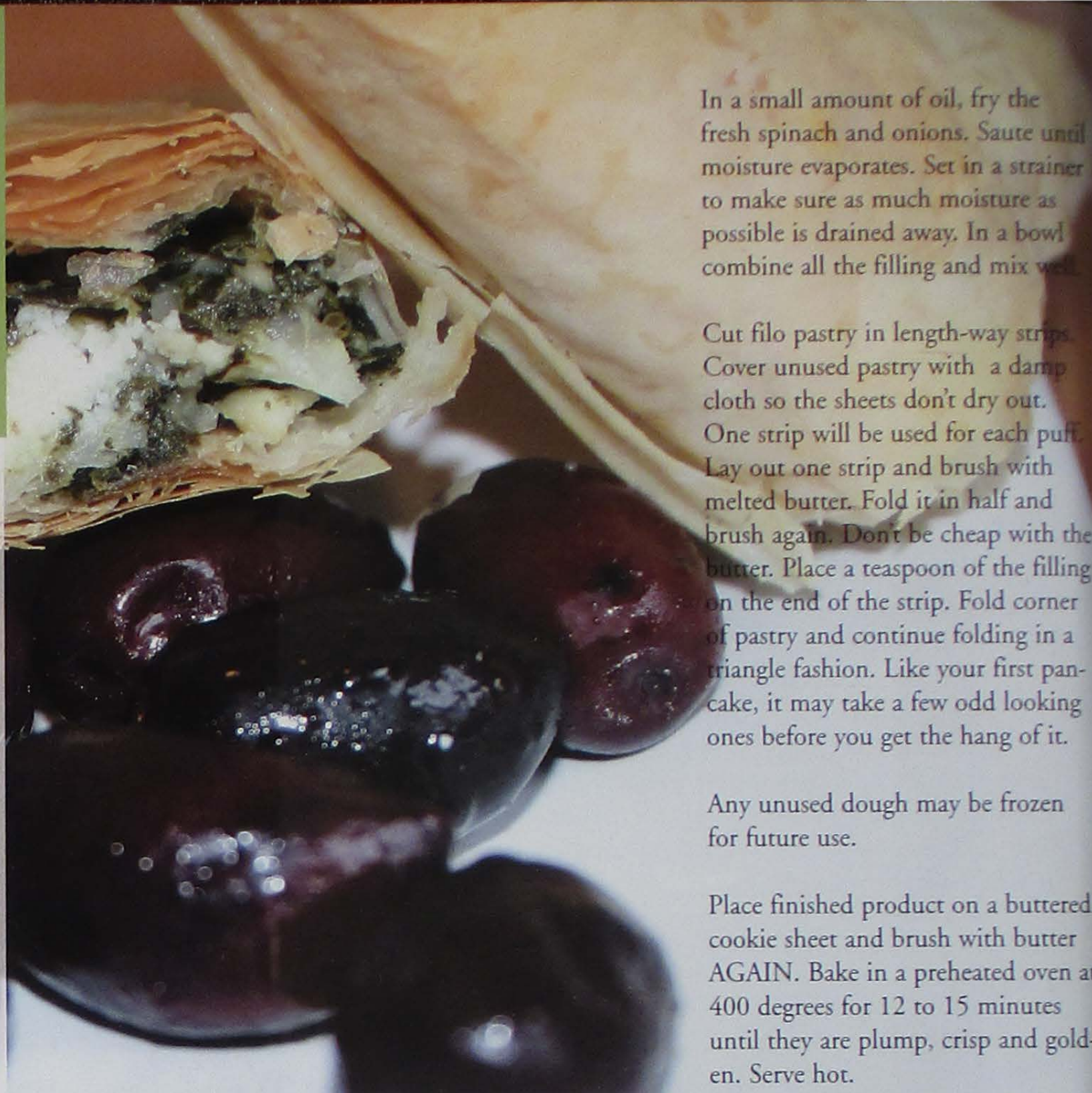
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1 pound of feta cheese finally crumbled  
5 eggs  
handful of fresh parsley finely chopped  
2 tablespoons of fresh dill finely chopped  
1 8 oz package of cream cheese



In a small amount of oil, fry the fresh spinach and onions. Saute until moisture evaporates. Set in a strainer to make sure as much moisture as possible is drained away. In a bowl combine all the filling and mix well.

Cut filo pastry in length-way strips. Cover unused pastry with a damp cloth so the sheets don't dry out. One strip will be used for each puff. Lay out one strip and brush with melted butter. Fold it in half and brush again. Don't be cheap with the butter. Place a teaspoon of the filling on the end of the strip. Fold corner of pastry and continue folding in a triangle fashion. Like your first pancake, it may take a few odd looking ones before you get the hang of it.

Any unused dough may be frozen for future use.

Place finished product on a buttered cookie sheet and brush with butter AGAIN. Bake in a preheated oven at 400 degrees for 12 to 15 minutes until they are plump, crisp and golden. Serve hot.

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## GREEK SALAD

- 2 ripe tomatoes cut into wedges
- 1 cucumber peeled and sliced
- 1 red onion sliced thinly
- Handful of Kalamata olives
- 4 oz. of feta cheese crumbled or cubed
- 1 large green pepper seeded and cut into strips
- 3 anchovies (optional)

### Dressing

- Quarter cup of extra virgin olive oil
- 2 Tablespoons of red vinegar
- 1 clove of garlic crushed
- 2 tablespoons of fresh oregano
- a half teaspoon of salt
- fresh ground pepper
- Salad greens such as romaine or ice berg

Combine all vegetables into a salad bowl. Prepare dressing and taste for seasoning. Toss salad and on top arrange the anchovies and olives, finish with the feta.



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# WOMEN ON THE ROAD

By Frances Wilke  
Editor

**T**hink of women on motorcycles and the first picture that comes to mind is a leather-clad appendage balancing on the back of an adventurous man's motorcycle.

Wrong.

Welcome to a new trend in Central Iowa — women on the road.

Whether it is a three-wheeled Harley or a small Vespa, women of all ages are choosing to drive their own bikes. No longer bound by stereotypes of twenty years ago, many women have found freedom and relaxation on the back of their own bike.



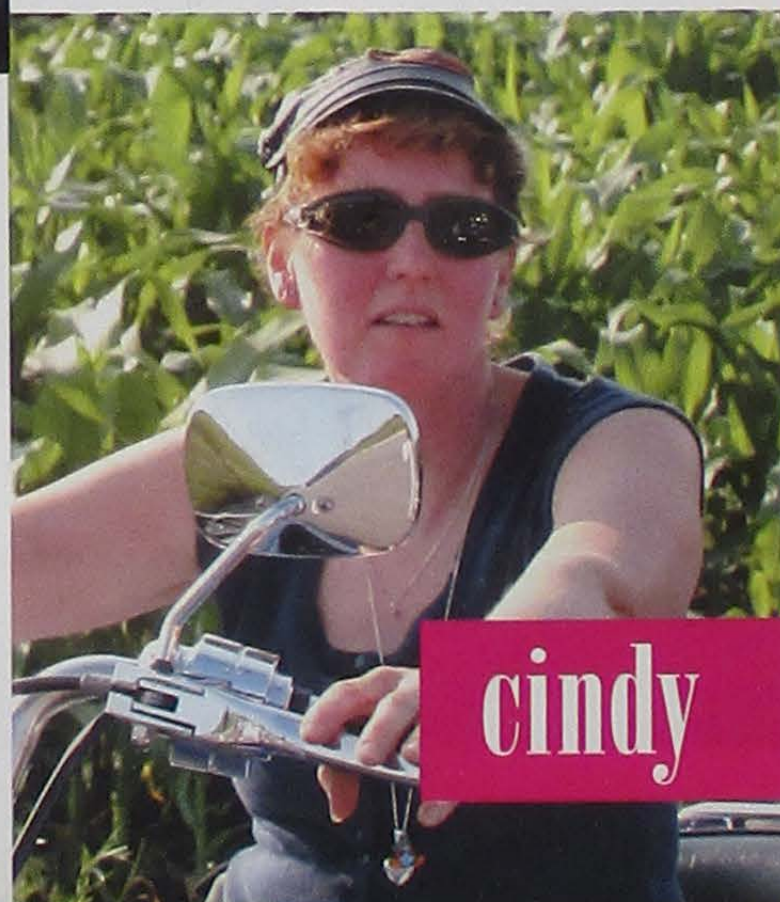
"My dad wouldn't let me have a car when I turned sixteen," said **Sandy Emory**.

"Unfortunately it was in a day that a girl could get a reputation riding on the back of a bike, and here I was riding my own 350cc Honda."

She has since graduated to riding a Harley and is active with the local riding clubs. Sandy has been riding her own bike for 34 years. She is an administrative assistant with the Iowa Department of Corrections. Her longest trip was over 2,000 miles. Freedom and independence is why she rides.

**Cindy McClelland** has ridden her own bike since 1999. Her husband died in a motorcycle accident 7 years ago. The friends and freedom she gets from riding reveals this independent woman's generous spirit.

Cindy is also the president of WOW or Women on Wheels, which is a philanthropic organization that involves women riders on any wheels. Her bright blue three-wheeler Harley is a showstopper. During working hours, Cindy works at 3M as a machine operator.



**Pam Scandrett**, 53 of Ames is an administrative assistant at Iowa State University. She rides a Harley Heritage Springer and has been riding for five years. The longest ride she has taken was around 800 miles on a trip to Missouri.

"I love the feeling of the open road and riding is very relaxing for me," she said.



**Robin Tice** has been riding her own bike for 30 years. She now rides a 1998 Harley Ultra Classic. Working at Mary Greeley in the GI unit as a secretary, she finds riding relaxing and a good way to meet people. Her longest ride has been to Sturgis South Dakota to the annual Harley gathering each summer. The trip is about 1500 miles altogether.



**debbie**

**Debbie Goetz** is from Kelly. She rides a 2004 Harley Softail and has been riding motorcycles for ten years.

She manages three jobs, among them a full-time job at R&S Construction.

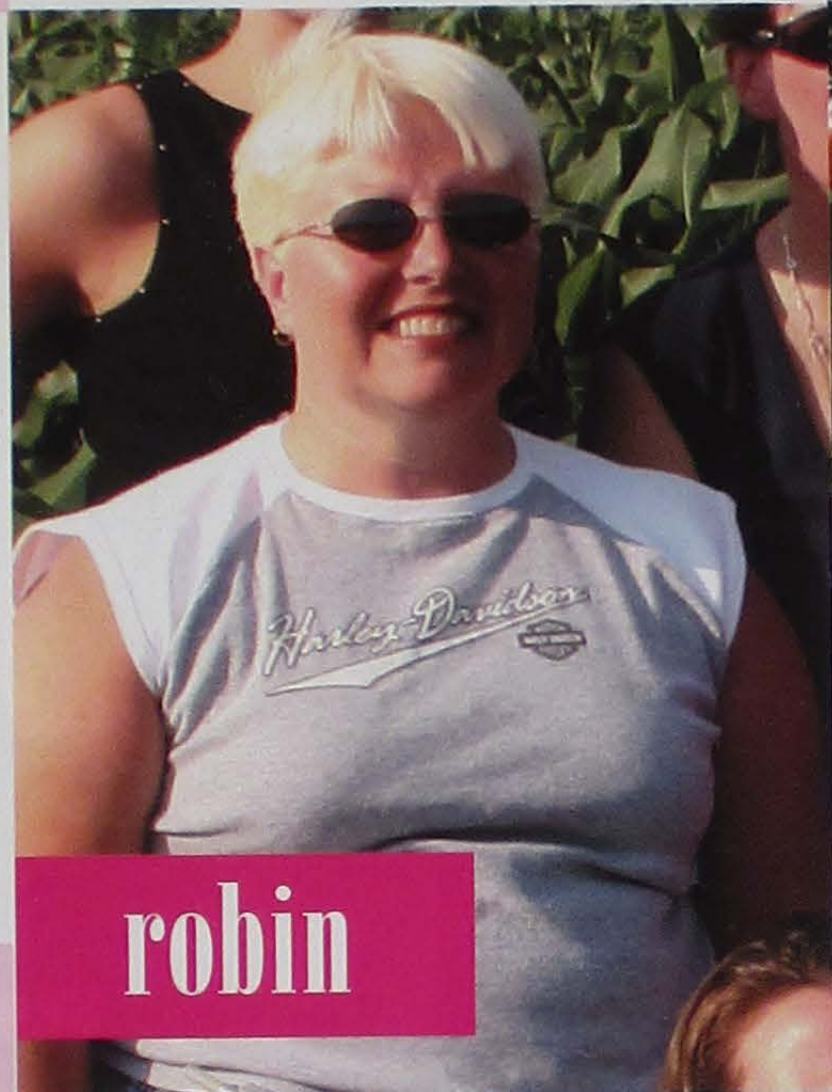
Debbie says riding is relaxing and a great way to relieve the stresses of life.



**megan**

**Megan Johnson** is a 22-year old Iowa State University student from Ames majoring in apparel merchandising. She also works part-time at Zylstra.

Megan rides a Harley 2003 Sportster 1200 Custom, and has been riding for four years. The longest trip she has taken is around 100 miles. The reason she rides is "just plain fun," along with convenient parking and affordable gas.



**robin**

**Kim Johns** age 45 has two daughters Kelly, 21, and Kara, 18. Both talked her into taking the course with them. Her husband Randy is a long-time rider, and is a part owner in Zylstra. They are looking forward to spending time together doing something the whole family enjoys.



**kim**

## justine

**Justine Marshek**, 23, a resident of Ames, is a gemologist and jewelry designer at Ames Silversmithing. She rides a Honda 2002 CBR 600 F4i and has been riding motorcycles for three years.

Her longest trip has been 200 miles. Justine says she enjoys riding because it is fun. She met her fiancé Brent Thompson riding and was a member of the ISU Motorcycle Club when she attended Iowa State.

## SAFETY SPOTLIGHT:

### The Riders Edge

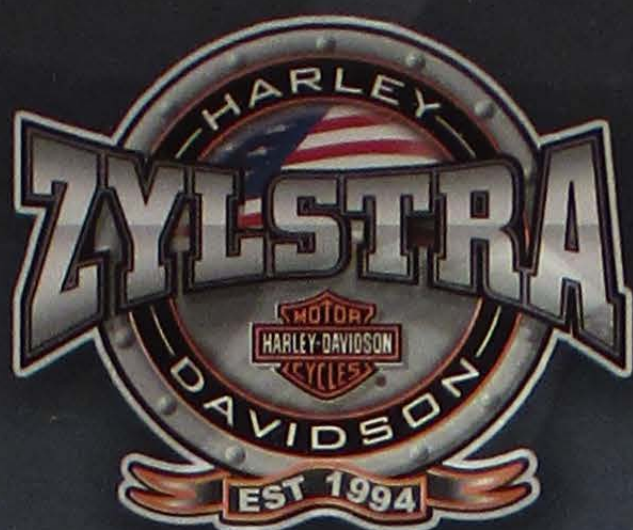
Leather clothing and helmets are de rigueur for safety, and so is knowledge.

So the Motorcycle Safety Foundation and the Harley Davidson Company developed a program called the Riders Edge. It new and veteran riders the skills they need to be safe on the road.

The Riders Edge has about 25 hours of instruction both in the classroom and on a practice range. Enough road instruction is given to make a novice rider feel confident on the road under good conditions.

Local riders can take classes from Zylstra-Harley Davidson at 1930 13th St.

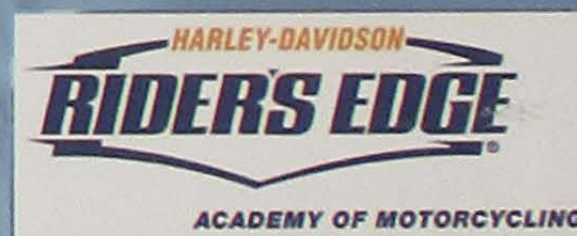




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## A Pioneer Athlete

**T**he woman stands with one hand on the old car, holding her golf clubs in her right hand. Her red plaid skirt reaches below her knees. With the campus in the background, she's ready for an outing. In the painting by Art Baumgartner, she's identified as Winifred Tilden, Director of Women's Athletics at Iowa State College.

Tilden became the first professionally-trained director of physical education for women at Iowa State in 1904. Her position was part of the Department of Speech with the title of "Directress of Physical Culture." She introduced competitive sports and organized the Women's Athletic Association. In the Plaza of Heroines on the Iowa State campus, her brick is in section A, row 14. She was honored by Farwell T. Brown, George McJimsey, Robert McJimsey, Josephine B. Leffler, and Elizabeth Hake Colbert. She retired in 1944 and died July 4, 1948.

The painting of Tilden is one of 14 by Baumgartner that will be auctioned on Aug. 27 to benefit the Octagon Center for the Arts. Another painting of Ames histori-

cal interest shows the "Dinky" with the water tower in the background. The remaining paintings are of tractors, barns, elevators, and farm equipment. The Tilden painting stands out as the only one featuring a person.

Baumgartner lived in Ames in the 80's and worked at Heuss Printing. Octagon staff have not been able to find anyone who has any current information about him. His paintings evoke a bygone era and include several brands of farm equipment. The collection was displayed in the early years of the Baymont Inn and Suites and is owned by Verle Burgason, owner of the Baymont and current chairman of the Tribune.

Tilden made a huge impact on the women's athletic programs at Iowa State. As she stands by the old car with her golf clubs, she conveys the spirit of a pioneer.

The auction will be held at 6 p.m. on Aug. 27 at the Baymont Inn and Suites. Jody McCaskey will be the auctioneer.



*Kathy Stevens is the executive director of the Octagon Center for the Arts in Ames. She is a regular contributor to Facets.*



*Art Baumgartner*

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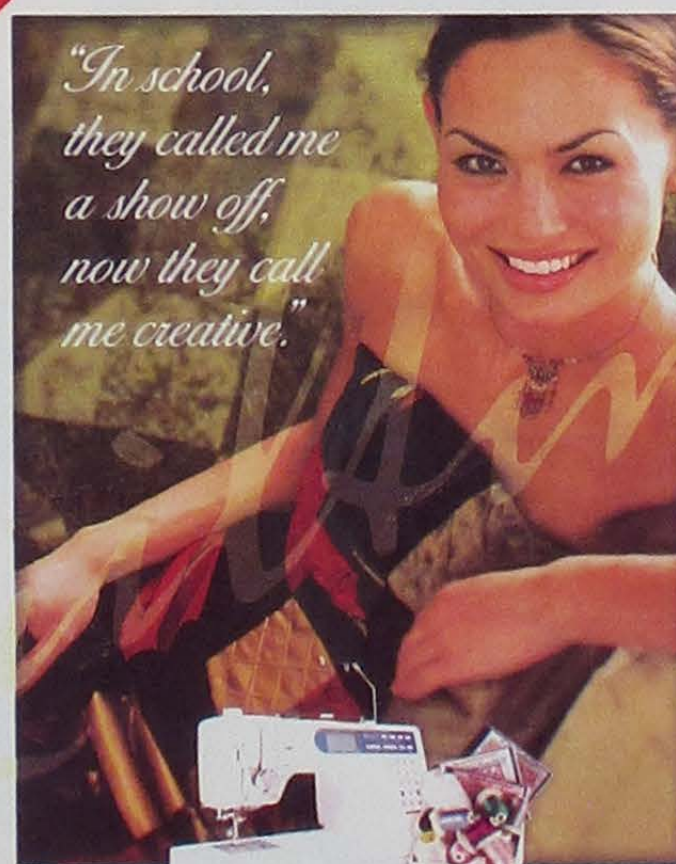
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# What do we read next?

## *Suggestions for Book Groups*

In all times, people have looked at their own societies and tried to figure out how things would have to change so that most of us—not just the wealthy few—could have fulfilling lives. From Plato to the present day, we've wondered what would constitute an earthly paradise. In 1517, in England, Sir Thomas More published a book about an ideal realm where every person has a job, works a six-hour day—evenly divided between morning and afternoon—and prosperity is part of everyone's life. More's work became so famous in Western civilization that its very title, *Utopia*, would become the word for any idealized state. More derived the word from two Greek roots, meaning "no" and "place."

I have always been drawn to utopian and its darker self, dystopian, literature. My interest began in a high school organization I belonged to called "The Discussion Club." One of our "discussions" concerned the possibility of our country becoming like the one in George Orwell's famous dystopian novel, 1984. Since we were discussing this more than twenty years before the year in the title, we felt still pretty far away from the dire happenings in the novel—it seemed so very Orwellian, another term that an author gave to the future generations. At any rate, as was the case for me so many years ago, utopian/dystopian works of literature can be the impetus for

really stimulating discussions. Here are more than a few—all still in print and available in paperback format—for your consideration, arranged chronologically by publication date:

*Candide* by Francois Marie Arouet de Voltaire, 1759. The most popular of Voltaire's many writings, *Candide* examines everything that permeates the lives of us all—romantic love, religion, education, government, philosophy, and science. It relates the adventures of the naïve, but good-hearted Candide, his beloved Cunegonde, and his tutor Dr. Pangloss. Because many people continue to live the same hapless lives today as in the eighteenth century, the book remains as incisive and amusing as it was when originally published.

*Erewhon* by Samuel Butler, 1872. *Erewhon* is an anagram for "nowhere"—shades of Sir Thomas More! Though the book can be very humorous, it is a serious satire of Butler's times. The imaginary land of *Erewhon* is unmistakably British. Growing out of the ideas of Thomas H. Huxley and Charles Darwin, the book treats the theme of free will vs. evolutionary determinism.

*Looking Backward* by Edward Bellamy, 1888. One night in 1887, Julian West a young Boston insomniac, is put to sleep by a hypnotist. After the best sleep he's ever had (indeed, it has lasted exactly 113 years, 3 months, and 11 days), West awakes in the year

(continued on page 21)



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2000 and he finds a utopian world of peace and plenty (you wish!). Aside from a few story ingredients inserted to attract more readers, Looking Backward has little plot or character delineation. It is rather the portrayal of a "perfect society" written by a humane and romantic 19th century American who was disturbed by the injustice of his time. According to Bellamy, in the year 2000, private capitalism and war have been abolished and money has been replaced by credit cards (one good prediction out of three is not bad!).

Herland, by Charlotte Perkins Gilman, 1915. On the eve of America's entry into World War I, three American men explorers stumble into a society in the far reaches of the earth that is made up entirely of women. This is a playful imagining for readers who wonder what it might be like if women were in charge.

Brave New World by Aldous Huxley, 1932. The happenings in this novel take place in the year 632 A.F. (After Ford—Henry, that is) and describes western civilization as it might evolve if trends in capitalism and mass production were taken to fantastic extremes. Within the strictures of the novel form, Huxley succeeds in indicting his culture, but he delivers that indictment with a good deal of urbane wit.

Lost Horizon by James Hilton, 1933. Here is yet another piece of vocabulary invented by a utopian author—Shangri-La. James Hilton's imagined place of peace and contentment has come to mean just that—even to those people who have never read his novel. Hugh Conway, a member of the consular service, is spirited away by a pilot who changes the route of their plane and lands in the mountains of Tibet where the passengers are rescued by monks from a lamasery called, Shangri-la, where people live for a very, very, very long time.

Nineteen Eighty-Four by George Orwell (actually, Eric Blair), 1949. This piece of keen satire takes in many of the ills that plague the modern world—thought control, "the big lie," and mass hysteria—in the context of a completely totalitarian society. Winston Smith is the anti-hero of this wonderful book and Big Brother is watching him.

The Handmaid's Tale by Margaret Atwood, 1986. A dystopian masterpiece by a wonderful Canadian writer, The Handmaid's Tale is constructed like a memoir. Its narrator is Offred, a 33-year-old woman who has been designated a handmaid by the government. A handmaid is defined as a politically-sanctioned child bearer. She tells how her former life as wage-earner, wife, and mother was changed when the decadent life of late twentieth-century America is supplanted by a theocracy called, the Republic of Gilead—a fascinating and chilling read.

The Children of Men by P. D. James, 1993. This book was a real change for this well-known grand dame of British mystery-writing. It is set in 2021 in England, a time in which no children have been born for over a quarter of a century. Women have been infertile since 1995, a year re-named the Omega Year. The children born in 1995 are called Omegas. Britain is ruled by a dictator who is suddenly challenged by five unlikely rebels. This is a very interesting imagining of what a world without the young would be like.



Janet E. Klaas is a librarian at Ames Public Library and is a regular contributor to Facets.

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# women

## on the move

*If you know of a woman who should be featured in "women on the move", write to [fwilke@amestrib.com](mailto:fwilke@amestrib.com) or call 232-2160*



**Diane Wilson** is the new director of business office and medical records at Mary Greeley Medical Center in Ames.

Wilson will oversee office operations including pre-admissions, admissions, billing, collections, switchboard, transcription and the release of information.

Previously she was the director of patient accounts at Broadlawns Medical Center in Des Moines. She also has experience from Price Waterhouse Coopers, a national accounting and consulting firm, and many years of experience in the healthcare setting including positions at Shared Medical Systems and Lake Forest Hospital.

Wilson earned a bachelor's degree in Speech Communications and theatre arts from Carthage College and a master's degree in teaching from National-Louis University.

**Doreen Lee** was named supervisor of the medically/telemetry unit at Mary Greeley Medical Center.

Previously Lee was a clinical education specialist, nurse manager of the intensive care unit and nursing education coordinator for Iowa Health System.



left to right: Debi Eness-Manager, Sommer, Shari Albee-Owner, Kelli, Gina, Brent

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# vanishing varicose veins

**F**or millions of Americans, covering up unsightly and painful varicose veins with clothing, cosmetics or a suntan, has become a common daily routine, along with brushing their teeth and combing their hair.

Some women often avoid outdoor activities in the summer months because they are embarrassed to wear shorts or a bathing suit. Some can manage to mask their veins everyday, but others cannot ignore the persistent pain.

Nearly 80 million Americans are affected by some sort of varicose vein problem, according to the American Academy of Dermatology. Women have a higher prevalence of varicose veins

than men. It is estimated that 25 percent of women are affected by varicose veins versus only 12 percent of men.

For women, the second leading cause for the occurrence of varicose veins is hormonal, due to pregnancy and estrogen. During pregnancy, the blood volumes nearly double creating abundant tension on the vein wall.

Additional factors such as excess weight, long periods of sitting or standing, heavy lifting, injury and use of birth control pills can increase the risk for varicose veins, he says. Aging also plays a major role in the development of varicose veins. Nearly 50 percent of individuals over the age of 70 experience some form of varicose veins.

*(continued on page 25)*

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(continued from page 24)

But the leading cause of varicose veins in women and men is hereditary, according to Renald Bernard, a McFarland Clinic phlebologist, who specializes in the treatment of varicose veins.

A recent study shows more than one gene can be passed on causing a genetic defect in the vein wall. If a person is a carrier of a large varicosity, he or she can usually find a close family member who also has varicose veins.

"I have had many patients hug me in my office after their procedure," Bernard said. "They say I changed their life by relieving their discomfort and removing their embarrassment."

Bernard recommends walking and other forms of exercise for the prevention of varicose veins. He also encourages the use of support hose for individuals who work on their feet for long periods of time. McFarland Clinic offers expertise in fitting stockings and provides a selection of medical stockings for purchase.

He also says there are several medical treatment options available for all types of varicose veins found in women and men.

For a patient with mildly dilated or intermediate-sized various veins, veins that appear netlike, sclerotherapy is the treatment of choice. Sclerotherapy consists of injecting a medication in to the vein that will irritate the lining of the vein. In response, the vein will collapse and is reabsorbed by the body. Sclerotherapy is also the treatment of choice for small veins, commonly known as "spider veins."

If the vein is moderately to severely dilated, a minimally surgical procedure called ambulatory phlebectomy is recommended. This procedure is also done in the office under a local anesthesia, allowing the patient to experience little to no down time.

For large varicose veins, available treatments include traditional surgery ("stripping the vein") or laser/radiofrequency treatment. Traditional surgery requires hospitalization, general anesthesia, multiple incisions and a lengthy recovery time. Laser or radiofrequency treatment is performed in the office under local anesthesia and the patient is back to normal activity in a very short time. This procedure is one of the safest and most efficient procedures available today.

For more information on these procedures or to schedule and appointment, please contact McFarland Clinic West Ames Dermatology at 515-239-4492.



Laura Ceretti is a public relations assistant for McFarland Clinic in Ames. She is a regular contributor to Facets.

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# back RELIEF

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**Y**ou're pregnant, and you're doing all of the right things. Then, as your pregnancy progresses, low back pain, sciatica or headaches become a frequent occurrence and put a damper on what is supposed to be a wonderful time in your life.

Conditions such as these are often quite common for women during pregnancy. When one rules out the use of drugs and surgery because they are unsafe or inappropriate during pregnancy, it becomes clear that chiropractic care, a natural and drug-free approach, has an important role in the care of the pregnant woman.

Chiropractic adjustments can be helpful throughout pregnancy for the treatment of specific conditions such as lower back pain, sciatica or headaches. Pregnancy is very stressful on the lower back and puts stresses on the neck and shoulders as well. Just take a look at a pregnant woman from the side, and it's easy to understand why they often are in pain or at the very least uncomfortable.

Due to increased development of the breast tissue, the shoulders are rounded forward, placing pressure on the neck and shoulders. In addition, the weight of the fetus puts added stress on the lower back as the body's center of gravity shifts forward. These structural changes to the body mean that regular chiropractic check-ups along with prenatal visits, proper nutrition, and regular exercise should be priorities for a mother-to-be.

By reducing the effects of the spinal subluxation, thus

(continued on page 27)

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reducing a mother's pain and discomfort, your chiropractor will strive to alleviate painful conditions and allow you to remain as active as possible throughout your pregnancy. It has been shown that staying moderately active throughout pregnancy improves the likelihood of giving birth to a healthy baby, therefore the better you feel the more active you are likely to be.

A study published in American Chiropractor magazine found that on-going exercise seemed to contribute to normal, on-time delivery.

Irvin Henderson, a member of the American Medical Association board of Trustees, conducted another important study. This study concluded that women who received chiropractic care during the third trimester of pregnancy were able to carry and deliver with more comfort.

Per Fretig, a well known orthopedic researcher studied the effects of chiropractic adjustments on the labor and delivery process. The results of this study concluded that the need for analgesics during labor and delivery was reduced by half in the pregnant patients who received chiropractic care during their pregnancy.

In addition, it has been demonstrated that chiropractic care significantly reduces the average amount of time spent in labor. Research conducted by Dr. Joan Fallon revealed a 24 percent reduction in the average labor time for those women giving birth for the first time and a 39 percent reduction for women who were delivering for the second or third time who received chiropractic care.

Published research revealed that chiropractic care has been shown to be safe during pregnancy for both the mother and fetus.

The challenges of pregnancy can be overcome with a healthy lifestyle and by regularly having your spine adjusted by your chiropractor. By optimizing the way you feel throughout your pregnancy you can better focus on the wonderful experience that pregnancy can be.

Chiropractic helps women to get well, stay well, and be their best – before, during and after pregnancy.



*Laura Galvin is a certified chiropractor and owner of Healthy Lifestyles Chiropractic at 213 N. Duff Ave., Suite 5. This is her first Facets contribution.*

## How can it help?

Your chiropractor will apply one of a number of adjusting techniques designed to make pregnant moms more comfortable. Modifications to the adjusting table or technique may be made throughout the various stages of pregnancy to accommodate the mother's changing condition, and chiropractic adjustments can be carried out safely at any stage of pregnancy up to the day of delivery.

In summary, chiropractic adjustments during pregnancy:

- Help alleviate painful conditions such as lower back pain, sciatica & headaches
- Help you to remain active throughout your pregnancy
- Help to make delivery more comfortable
- Helps reduce the need for analgesics during delivery
- Helps reduce the amount of time spent in labor

## Chiropractic Care for Women

As one of the few female chiropractors in the area, Dr. Galvin understands the special benefits chiropractic care can have for women. Some of the areas where chiropractic care may provide women relief are:

- Menstrual and Premenstrual Pain
- Headaches and Migraines
- Pregnancy
- Menopause
- Back and Neck Problems
- Sports Injuries
- Carpal Tunnel Syndrome
- Sciatica and Leg Pain

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# Are your TEENS cleared for SCHOOL?

**B**y the time this issue of Facets reaches you, it will be August. The summer activities will be winding down and it will be time to gear up for the new school year. This should be a time of preparation and anticipation but if you are one of the many teens who suffer from a bad case of Acne this is a time of dread. It is difficult enough to be your best at school without the disadvantage of having to deal with a bad complexion.



Acne can range in severity from a few plugged pores (whiteheads and blackheads), to severe pustules and cysts that can result in permanent, disfiguring scars. Most teens have some acne but the condition can last into the 20's, 30's, 40's and beyond in some individuals.

Acne is triggered, in both sexes, by the production of testosterone that increases at puberty. This triggers the enlargement and plugging of the sebaceous glands. The blockage results in whiteheads and blackheads. Some whiteheads will rupture and leak highly irritating fatty acids into the surrounding skin. This results in an intense reaction with redness, swelling, pain and scarring. This is the cystic stage of acne.

Contrary to common belief, acne is not caused by failure to wash, chocolate, pizza, or colas. Stress, certain medications and some cosmetics can worsen acne.

All acne treatments work by preventing new pimples from forming. In mild cases, over-the-counter medications such as benzoyl peroxide may be all that is necessary. If the acne is severe or fails to respond to the non-prescription medications, you should seek the help of a specialist. Severe acne is a major quality of life issue and should not be taken lightly.

At my Radiant Complexions Dermatology Clinics, we treat acne with a three-step approach. For mild acne surface medications such as benzoyl peroxide, antibiotic gels, and vitamin A products (e.g. Retin A or Differin) are used. Second step treatment adds an oral antibiotic such as Tetracycline or Erythromycin. In third step treatments, a much stronger antibiotic such as Minocycline, is

added to the regimen. All of these treatments take a minimum of one month to show any significant improvement due to the length of the skin cycle. The whiteheads and blackheads are even slower to respond to medications.

I have practiced Dermatology for over 15 years and have sympathized with patients who are frustrated with how slowly the medications work for acne. A month is a long time to live with a bad complexion. Thankfully, we can now treat with other options that greatly speed you on your way to a clear complexion. Acne surgery and microdermabrasion are helpful at improving surface blocked pores. Chemical peels can speed the resolution of acne, as well as improve the purple marking that is common in bad cases of acne. The acne laser (IPL) is the biggest breakthrough in over a decade for acne treatment. I have seen patients experience dramatic clearing in as little as one to two weeks with this new technology.

There is hope for the person troubled with acne. With new technology, and good prescription medications, we can quickly speed your teen on to a clear complexion just in time for school.



Charles Love, M.D.  
Radiant Complexions Dermatology Clinic.  
Ames, Iowa

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# strong bones

## ISU Researchers Recruiting Postmenopausal Women For Clinical Trial On Soy Isoflavones And Bone Loss

**S**cientists at Iowa State University are recruiting women for a three-year clinical trial to examine the effectiveness of isoflavones (estrogen-like compounds derived from soybeans) in preventing postmenopausal bone loss. Researchers are recruiting healthy (no chronic conditions), postmenopausal women younger than 65, non-smokers, non-osteoporotic, and not taking hormones, bone-building or cholesterol-lowering medications. Participants must be willing to discontinue their own supplements and take calcium and vitamin D supplements provided by the study.

Researchers will randomly assign participants to one of three groups: placebo, lower-dose soy isoflavone tablets, or higher-dose soy isoflavone tablets. Women who meet initial criteria will receive free bone scans (with results and explanation) to determine eligibility. Women who complete the study will receive their bone mineral density, physical activity, and dietary intake results. Enrolled women will visit the ISU research clinic in Ames six times altogether. Participants will complete medical, nutrition, and physical activ-

ity questionnaires and will have body composition, blood pressure, and bone density measured.

"Women may lose 15-25 percent of their bone mass during the first five years after menopause, thus increasing their risk of osteoporosis", according to Dr. D. Lee Alekel. "Previous research indicates that soybeans, with their naturally-occurring isoflavones, may help prevent osteoporosis. We will determine the effectiveness of soy isoflavones, thereby leading to a safe and practical alternative for preventing bone loss in early postmenopausal women," Alekel said.

This multi-center clinical trial, funded by The National Institute of Arthritis and Musculoskeletal and Skin Diseases (National Institutes of Health), is being conducted by ISU researchers.

Women interested in participating should contact the ISU research team: (515) 294-8673; e-mail [bshilpa@iastate.edu](mailto:bshilpa@iastate.edu).

*D. Lee Alekel, PhD is Associate Professor of Nutrition at ISU.*

*Shilpa Bhupathiraju, MS is a food science and human nutrition graduate research assistant*



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# hue & cry

Definition: *Any loud clamor or protest intended to incite others to action.*

## Searching for 'The Finland Phenomenon'

This month, I am hoping for a repeat of "The Finland Phenomenon."

What's that, you ask?

Well, since we were small, my sister and I have traveled periodically to Finland with my mom, who moved to the United States to marry my dad nearly 30 years ago, to visit our grandmother and other family members there. We have discovered that sometimes we return from these ocean crossings about 10 pounds lighter than when we left. We are making that journey again this month to celebrate my grandmother's 90th birthday, and I'm eager to see if I can find a little more room in my summer clothes on the return trip.

How does this amazing miracle happen?

Well, it certainly has nothing to do with the food.

Mom has an endless supply of first cousins scattered throughout the country (seriously, they number over 50), vast numbers of other relations whose connection to me I can never remember, and friends aplenty as well. All of these hospitable Finns want their chance to entertain for the trans-Atlantic visitors. Our trips to Finland generally involve a hectic schedule of visits to one home after another for coffee.

Now, "coffee" is never just coffee. The Finnish coffee table could almost be called a source of national pride, and although their strong black brew is always present, it is surrounded by a beautiful assortment of other delicacies: Ice cream, amazingly creamy, served cut into cubes; pastries made from berries of the North, including cloudberries, lingonberries and currants; meat pasties strongly seasoned with allspice; rice pasties topped with egg butter; and pulla, the coffee table staple, a sweet bread flavored with cardamom.

Sometimes, we're invited over for dinner, which of course is followed by "coffee."

Gaining 10 pounds seems the inevitable outcome. We're able to avoid this undesirable fate for one reason: car-free living.

Now, my grandmother—I call her Mummu—does have a car and she lets us use it, but we take her up on that rarely. The price of gasoline is one deterrent; taxes make a liter of gas in Finland comparable to the cost of a gallon of gas in the United States. But that is really beside the point. It is simply much more practical there to get around in other ways.

Mummu has three ancient bicycles in her garage. My favorite, which is turquoise where the rust hasn't taken over, is squeaky, a bit loose-jointed, limited to one gear, and I love it. It moves along just fast enough to get me to all those relatives' homes in good time.

Every town and nearly every village in Finland is ribboned with

bike paths. Mummu lives about 2 miles from the town's center, and a bike path starts about half a mile from her home. Once we reach that point, any place we want to go is within stress-free biking distance. Trains travel frequently through town, but underpasses mean we can sail right under them. Busy highway? No problem—there's an underpass there, too. Everything conspires to make biking a pleasant way to travel.

If we need to travel between towns, buses and trains abound. Taking a bike along would cost little more than the regular fare, but generally we manage by simply walking once we reach our destination.

Finland has winter for a great part of the year, but snow and ice don't keep Finns indoors. The bike paths are kept clear all winter long, and though biking becomes a bit treacherous when the paths are snowpacked, they are graveled for safe walking. Kicksleds—a sled with a seat for a passenger or cargo and long runners out the back—were used frequently when my mom was young and are still popular with the older set. Cross-country skiing crosses the line from national pastime to national obsession, and when the skiing weather is good, the well-groomed trails are crowded.

Here in the United States, I generally greet the word "exercise" with a deep sigh. It means many things to me, most of them not good: dodging cars, gym fees, time wasted. When I travel to Finland, exercise suddenly becomes safe, cheap and practical.

Finland is certainly not the only or even the best example of an exercise-friendly country; many European nations have set this trait as a priority. And statistics show a government's investment of time and money into making self-powered transportation easier is good for its citizens' health; Finland's obesity rate, for example, though increasing with the rest of the industrialized world, is still far lower than the rate in the United States.

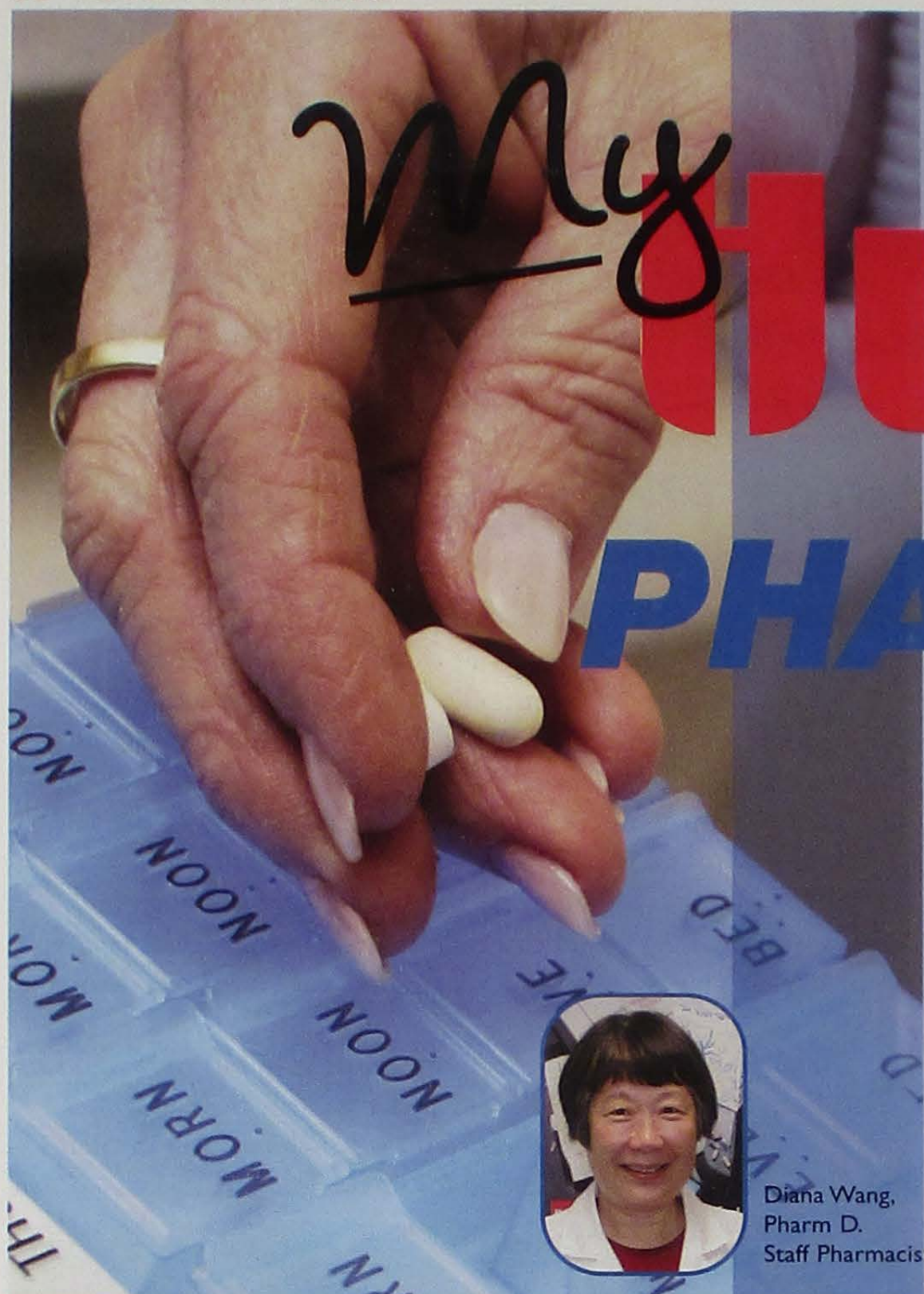
Would it be possible to import "The Finland Phenomenon"? Maybe. The transition wouldn't be easy, but it wouldn't hurt to keep the phenomenon in mind the next time we start talking about community planning.

For now, I'll go on my trip to enjoy the biking—and the coffee.




Heidi Marttila-Losure is a copy editor and page designer for the Tribune. She is a regular contributor to Facets.







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